

AVOIDING HOLIDAY WEIGHT GAIN

DURING THE HOLIDAYS SOME PEOPLE PUT ON AS MANY AS FIVE TO TEN POUNDS. BUT YOU CAN ENJOY THE FESTIVITIES AND STILL NOT FEEL GUILTY OR DEPRIVED. HERE ARE A FEW SUGGESTIONS.

- **EAT A HEALTHY BREAKFAST EVERYDAY, WHOLE GRAINS, FRUIT, NUTS.**
- **IF YOU KNOW YOU ARE GOING TO OVEREAT ON A CERTAIN DAY OR DAYS, PLAN AHEAD. CUT CALORIES THE REST OF THE WEEK, AS LITTLE AS 200 CALORIES LESS A DAY CAN MAKE A DIFFERENCE.**
- **DON'T SKIP MEALS, YOU'LL BE LESS LIKEY TO SNACK ON FATTY, HIGH CALORIE FOODS OR BINGE WHEN YOU FINALLY DO EAT.**
- **DO NOT GO TO A PARTY OR BUFFET DINNER TIRED, STRESSED OR HUNGRY. HAVE SOME RAW VEGETABLES, AN APPLE, SKIM MILK OR VEGETABLE JUICE BEFORE YOU LEAVE. TRY EATING LATER IN THE DAY SO YOU ARE NOT AS HUNGRY. PEOPLE WHO ARE STRESSED OR TIRED TEND TO EAT MORE OF THE HIGH CALORIE "COMFORT FOODS."**
- **BEFORE DINNER DRINK A BIG GLASS OF WATER, HAVE A FEW NUTS OR START DINNER WITH A SALAD OR SOUP.**
- **TAKE SMALLER PORTIONS, ESPECIALLY OF THE HIGH CALORIE FOODS. AVOID HEAVY SAUCES, GRAVIES AND HIGH FAT SALAD DRESSINGS IF POSSIBLE.**
- **SIP ON LOW CALORIE BEVERAGES, RATHER THAN HIGH CALORIE PUNCH, ALCOHOLIC DRINKS OR EGGNOG.**
- **EAT SLOWLY. YOU'LL FEEL FULL SOONER. GET UP FROM THE TABLE AS SOON AS YOU ARE FINISHED EATING SO YOU WON'T BE TEMPTED TO NIBBLE ON LEFTOVERS.**
- **AT BUFFETS, TRY TO CHOOSE FOODS LOWER IN FAT AND CALORIES. TAKE HALF PORTIONS OF THE FOODS YOU REALLY LOVE AND ENJOY. SHARE APPETIZERS AND DESSERTS WITH SOMEONE.**

- **DON'T EAT DIRECTLY FROM THE HORS D'OEUVRES TRAY. YOU'LL LOSE COUNT OF HOW MANY YOU'VE HAD VERY QUICKLY. CHOOSE A FEW AND PUT THEM ON A PLATE.**
- **USE VEGETABLES TO SCOOP THE DIP, INSTEAD OF HIGH CALORIE CRACKERS AND CHIPS.**
- **AVOID SNACK FOOD IF YOU CAN'T RESIST MORE THAN ONE OR TWO.**
- **LEARN TO SAY NO THANK YOU WHEN OTHERS ENCOURAGE YOU TO OVERINDULGE "JUST THIS ONCE."**
- **BE CAREFUL WITH ALCOHOL. ALCOHOL ADDS CALORIES AND LOWERS INHIBITIONS, POSSIBLY LEADING TO OVEREATING.**
- **TRY TO GET MORE EXERCISE. TAKE A WALK AFTER DINNER OR EXERCISE BEFORE YOU EAT. THIS HELPS TO CURB YOUR APPETITE AND BURNS CALORIES.**
- **DON'T KEEP COOKIES, CANDY OR PASTRIES OUT AT HOME OR ON YOUR DESK AT WORK.**
- **PACK HOLIDAY FOOD AWAY QUICKLY, NOT ONLY TO PREVENT FOOD BORNE ILLNESSES, BUT TO KEEP FROM SNACKING ON IT ALL DAY.**
- **WHEN YOU ARE EATING OUT, TRY ORDERING TWO APPETIZERS INSTEAD OF AN ENTRÉE.**
- **BE WARY OF TOO MANY "WHITE FOODS." THESE ARE THE HIGH GLYCEMIC INDEX CARBS, POTATOES, RICE, ROLLS, PASTRIES, BREAD, CAKES, COOKIES AND PIES THAT CAN SEND YOUR BLOOD SUGAR AND INSULIN LEVELS SOARING.**
- **INCREASE FIBER IN YOUR DIET AND EAT LOTS OF HIGHLY COLORED FRUITS AND VEGETABLES. THESE ARE THE ONE WITH THE MOST NUTRIENTS AND PHYTOCHEMICALS.**
- **EATING FAVORITE AND TRADITIONAL HOLIDAY FOODS IS FUN AND BRINGS BACK MEMORIES OF PAST HAPPY CELEBRATIONS WITH FAMILY AND FRIENDS. YOU CAN ENJOY YOUR FAVORITE FOODS. MODERATION IS THE KEY.**
- **REMEMBER TO ENJOY THE HOLIDAYS. EATING IS JUST A PART. INCORPORATE OTHER ENJOYABLE ACTIVITIES INTO YOUR HOLIDAY CELEBRATIONS.**